

Golf 301 – Breaking 100

Objectives:

Most golfers play defensive golf; that is their set up and swing is based on minimizing the slicing action of the ball or other preventative actions. Because of this, their scoring skills become limited and breaking 100 becomes a difficult task. Golf 301 focuses on 4 important skills that will improve your ability to control the behavior of the ball and score better from tee to green!

Class One – Draw It!

The first session we will go to “flight School” and learn about ball flight behavior. From this we will work on proactive skills in the set up and swing to help you find the fairway and green consistently.

- Correcting unwanted ball flight.
- Set up and Swing fundamentals
- Practice techniques & Drills
- Scoring Strategy

Class Two – Pitch It!

60 percent of all scoring is made from shots that travel less than 100 yards. This class will give you the skills to control the height and flight of the ball from inside of 100 yards of the green.

- The classic pitch shot.
- The low running pitch.
- The lob shot.

Class Three – Splash It!

Scoring from the bunker is a skill that most players don’t possess. This session will take the mystery out of bunker play and train you to hit high lofted shots out of the sand.

- The classic greenside bunker shot.
- Bunker shots from difficult lies.
- The long bunker shot.

Class Four – Sink It!

The key to lower scores is great putting. This class will focus on the skills and strategy to give you confidence on the green.

- Distance control.
- The art of reading the green.
- Spot putting and alignment.
- Challenge drills.